

Perinatal Mental Health Coalition of Santa Cruz County

- *Currently facilitated by Maggie Muir, LMFT, IBCLC & Laurie Stuart RN*
- *Founded in 2012 by Nancy Diehl, PHN, (CPSP Coor.)*
 - *Previously: Anita Alvarez, PHN, founded pp distress warmline and support group ~ (new MCAH director)*
- *Cast a wide net/inclusive*
 - *OB/MW, Pedis, RN, PHN, Doulas, Mental health, WIC, EHS, Birth Network, LLL, CST, LAC*

Mission

- *Improve awareness of perinatal mood and anxiety disorders (PMAD) in our community*
- *Expand resources and support systems for women at risk of PMAD in our community*
- *Provide professional development resources to increase provider screening and referral*
- *Provide education and support to the facilitators of the perinatal wellness support groups in SC County*

Coalition Projects

- *Set up Speakupsantacruz.org website*
- *May outreach campaign ~ hand delivered*
 - *All OB/pedi, agencies working with new mothers*
 - *Awareness posters (Eng & Span)*
 - *Screening tools EPDS, PHQ9 (E & S)*
 - *Tear pads w/ resource list (E & S)*
 - *Press!*
- *Train the Trainer: PMAD*
 - *Evidence based + community resources*
 - *Participants get ppt to bring to their org*
- *Mother's Wellness Celebrations ~ see photo gallery*
 - *Awareness*
 - *Nurturing*

www.speakupsantacruz.org

Speak Up When You're Down Perinatal Mental Health Coalition of Santa Cruz County

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Welcome...

Whether you are a new mother, or are looking for resources for a loved one, we are here to assist you.

Postpartum depression and anxiety are common, affecting 1 in 7 mothers. If you are experiencing postpartum distress please know:

You are not alone.

You are not to blame.

With help, you will be well.



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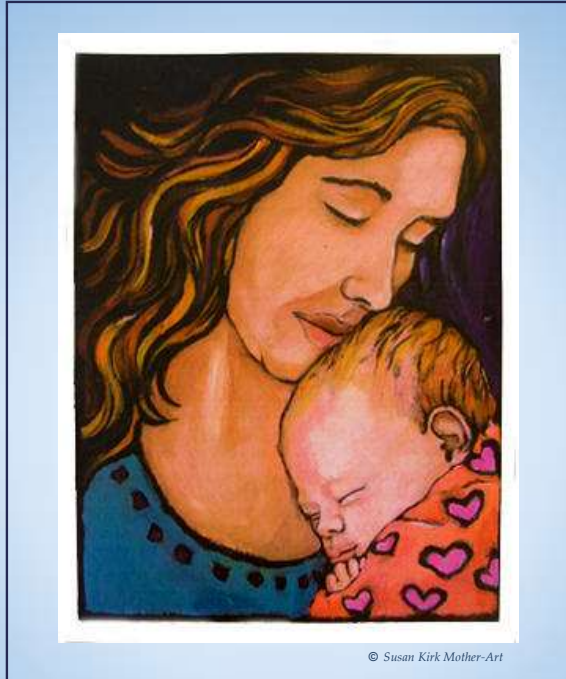
[Learn more at Postpartum Support Int'l.](#)

• [Are you feeling sad or depressed?](#)

Awareness posters available on our website

La depresión posparto es la complicación más común del alumbramiento . . .

HABLE CUANDO SIENTE MELANCOLÍA



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¿ESTÁS EMBARAZADA O RECIÉN ALIVIADA?

Sentirse triste o ansiosa por más de dos semanas es una señal para pedir apoyo.
Un buen primer paso será hablar con su doctor o partera.

Ud. No está sola ~ Ni tiene culpa ~ Hay ayuda

Visite al sitio: www.speakupsantacruz.org

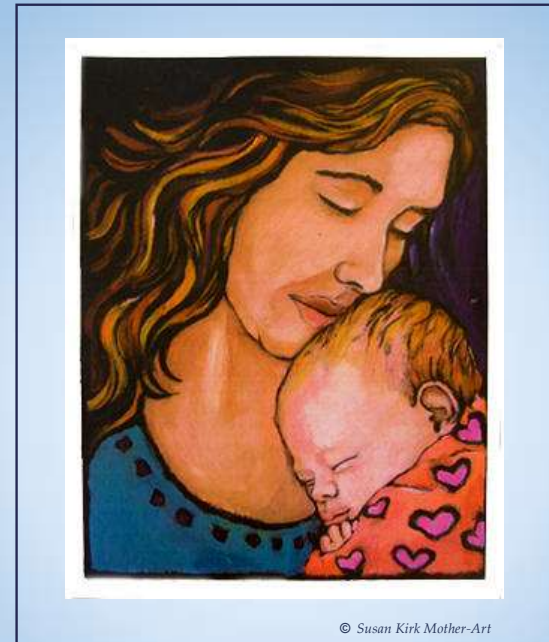
Llame a: *Apoyo después de parto, Internacional: 1 - 800 - 944 - 4773 (4PPD)*



Santa Cruz County Perinatal Mental Health Task Force

Postpartum Depression is the most common complication of childbirth . . .

SPEAK UP WHEN YOU'RE DOWN



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ARE YOU PREGNANT OR DO YOU HAVE A BABY?

Feeling sad or anxious for more than two weeks means it's time to get help.
Talking with your midwife or doctor is a good first step.

You are not alone ~ You are not to blame ~ Help is available

Visit: www.speakupsantacruz.org

Call: *Postpartum Support International 1 - 800 - 944 - 4773 (4PPD)*



Santa Cruz County Perinatal Mental Health Task Force

Future goals

- *Further develop website*
- *Span language/south county support group*
- *Analyze data from survey following outreach*
- *Lead on Leave: advocacy for maternal leave*

Contact:

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